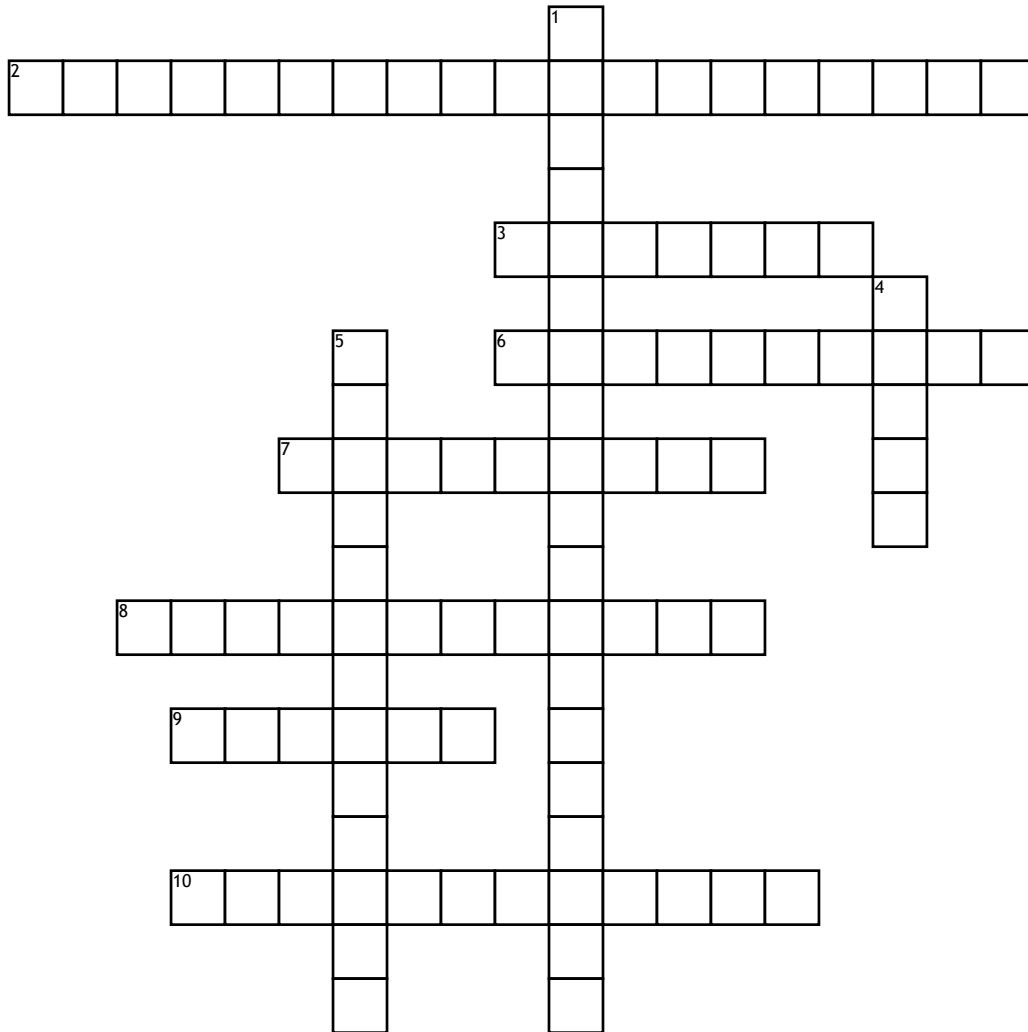


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Carbohydrates



## Across

- 2. You get a quick boost of energy.
- 3. The most common carbohydrate
- 6. The action of taking out something, especially using force or effort
- 7. Related to or produced by an enzyme
- 8. They come from natural whole foods, but are altered in some way

## Word Bank

Enzymatic  
Complex Carbohydrate  
Fiber  
Simple Carbohydrates

Concentration  
Purification  
Extraction

Glucose  
Refined Foods  
Energy

- 9. Something you need to function

- 10. The removal of contaminants from something

## Down

- 1. A carbohydrate that takes longer to digest
- 4. Helps move food through your digestive tract and colon
- 5. A given volume of a substance